No. 13

On Tobacco

No 54

By George Moreton
of
Virginia

Rec'd March 14th. 1823

On the pernicious effects of the habit of chewing, Smoking, or Snuffing Tobacco.

Conceiving it the duty of a physician to prevent as well as cure disease, and consequently to prevent and correct immoral habits, (which have a pernicious influence on health) I have chosen, as the subject of my inaugural dissertation the habit of chewing, smoking, or snuffing tobacco, which, I shall endeavour to show, is a frequent cause of disease, and also has an immoral tendency.

I have long entertained the opinion (which has been confirmed by experience) that it is imprudent, and even dangerous to indulge in any habit, which is purely one of luxury. By such a course, we contract the habit of indulging in luxuries, and yielding to our natural propensities (which are generally evil) and thereby lose, or rather neglect the attainment of that self-command, which is of so much im-

portance as regards morality and health. By forming this general habit of yielding to the evil propensities of our nature, reason is made subservient to passion, and that which was given us to govern, is governed by that which it was intended to control. Thus do we pervert the intentions of our all-wise and munificent Creator, who gave us strong passions, but at the same time, endowed us with reason to govern them, and give them a proper direction, that they might be a blessing, instead of a curse.

I also conceive it the duty of every man to contribute his mite to the general fund of human happiness, and therefore to aid and support with all his influence, the cause of virtue and morality. If this opinion be a correct one, and I flatter myself every good man will readily subscribe to it, much more then may I say, is it the duty of the physician, whose particular duty it is to prevent disease as well as re-

store health, for in the discharge of this particular and important duty, much will depend on the general prevalency of virtuous and moral habits. Sure no man of common observation, and experience, will, for a moment, doubt their salutary influence on health. So fully am I convinced of this influence, that I am almost willing to hazard the laying it down as an axiom, that, in proportion as we promote the growth of virtue, shall we lessen the ravages of disease. Certain it is, that if we could completely annihilate vice and immorality, the shock would be so severely felt by the long catalogue of disease, as to hurl out of existence, many of those diseases, which have ~~been~~ justly inflicted on man as the well merited punishment for sins, that disgrace him as a rational creature, and for which he deserves to lose that high distinction, and be classed with the brute, or irrational creation.

It therefore behoves every man, but more espe-

cially, every member of the medical faculty to exercise all his influence, and strive by precept, and example, to dethrone vice, and crown virtue. The importance of forming early in life virtuous and moral habits, and the danger of forming vicious and immoral ones should be earnestly, and forcibly impressed on the unwary youth, who should also be apprised of the ease with which the latter are contracted, and the difficulty of breaking them when once established. It has been justly remarked by some writer (whose name I do not now remember) that "the fetters of habit are too light to be felt, until they become too strong to be broken." These few words contain an important truth, which should be early learned, and never forgotten.

Having made these general remarks on one of the duties of men generally, and physicians particularly; and also on the importance of forming early, in life good habits, and the danger of forming bad ones (in which latter class I include all habits of lix-

ury) I shall proceed to the more particular considera-
tion, of the injurious consequences of the habit of chew-
ing, smoking, or snuffing tobacco.

Few habits are more common than this, or more
difficult to overcome, when once confirmed. Though ex-
tremely disagreeable at first, yet when once we have
acquired a taste for it, there is no luxury, with
which we would not as soon part, as this once of-
fensive, though now fascinating drug. "Every where
its powers are felt, and its fascinations acknowl-
edged. Like Opium it calms the agitations of our
corporeal frame, and soothes the anxieties and dis-
tresses of the mind,, But, like most articles of lux
ury, it is seldom used with moderation, and
when carried to excess, becomes a frequent cause
of disease, and should therefore be dispensed with.

When chewed or smoked to excess, tobacco, is a
frequent cause of dyspepsia and the long train
of diseases, consequent on an impaired digestion.
It may produce this effect in several ways.

1st By depriving the food of a large portion of the saliva which was intended to be taken with it into the stomach, and is very essential to its proper digestion. 2d By impairing the quality of the saliva. Being an active stimulus and acting directly on the salivary glands, it excites them to an inordinate action, causing them to secrete a much greater quantity of fluid, than was required of them by nature. And I think it may be laid down as a general rule, to which there are few, if any exceptions, That, if by any unnatural stimulus, any gland or secreting organ is made to secrete a greater quantity of fluid than ~~it~~ was intended by nature should be secreted, when in a healthy state, the quality of that secretion will be impaired, in proportion to the increase. Nature made certain organs to perform certain offices, allowing to each a certain length of time, to perform well its own peculiar duties. Now if by the interference of art, that time be shortened, or, which is in ef-

fect the same, the labour to be done in said time be much increased, can it be reasonably expected, that this labour so much increased will be as well executed, as if more time had been allowed for its completion? I think it cannot. If I be correct in this, may I not conclude, that tobacco, when chewed, or smoked, impairs the quality of the saliva by causing the salivary glands to secrete, in a given time, a much greater quantity of saliva, than nature required of them?

If then it be admitted, that the saliva, a fluid possessing certain peculiar qualities, is necessary to proper digestion, (which I believe is now denied by none) and also that the quantity must be proportioned to the demand made by the food, which demand will be regulated by <u>its</u> quality as well as quantity; It follows irresistibly, That whatever impairs the quality of this fluid, or deprives the food of a part of its demand, will, in-

vitably prevent its proper and complete digestion. It has been shewn above, that tobacco when chewed or smoked, produces each of these effects. Consequently, when thus used, it prevents proper digestion. Whatever is capable of rendering defective the digestive process, will, if continued, continue, or rather increase that defect, until at length, it becomes a disease called dyspepsia, troublesome and distressing in its consequences, and tedious and difficult in its cure. It therefore follows, that the habit of chewing, or smoking tobacco, which is a very prevalent one, frequently produces dyspepsia, by depriving the food of its full portion of saliva, and also by impairing the quality of that fluid.

Tobacco, when chewed to excess may likewise produce this disease, by either its direct, or indirect action on the stomach. By every ~~chewer~~ of tobacco, more or less of its essence, which is expressed ~~by~~ by mastication, is unavoidably swallowed, and thus acts directly on the stomach. That this organ is not

insensible to its action, is evident from the distressing and even fatal consequences that have ensued, from a small portion of it having been swallowed. It is also known as one of the most active of the emetics. As a general rule, any strong, and active stimulus, frequently applied, or long continued, to the stomach, will impair its tone, and thereby weaken its digestive powers. This is well established by reason, observation, and experience. And that tobacco is a strong, and active stimulus, frequently applied, to the stomach of tobacco-chewers has been asserted above, and will not, I am sure be denied by those persons themselves. Hence the conclusion, That when chewed to excess, it impairs the tone of the stomach, and consequently digestion, by its direct action on that organ.

It also produces a similar effect indirectly. That there is a very strong sympathetic connection, between the stomach, and the tongue, fauces, Schneiderien membrane &c. is well known

the practitioners of medicine. Nausea, and sometimes vomiting is produced by simply chewing, or smelling certain articles, as for instance, tobacco, which will be attested by all who have made the experiment. The most distressing sickness, approaching sometimes to an alarming degree, has been occasioned by merely smelling or chewing this nauseous drug, though not a particle of it was received into the stomach. How can this effect be satisfactorily explained unless it be referred to the well known laws of sympathy? It admits of no other rational explanation.

This sympathetic connection, is also shewn by the relief which is often experienced in cases of sick-stomach, from merely chewing, or smelling some of the carminatives, aromatics, &c. It is also discovered in the foul tongue, and sore throat which are often symptomatic of a disordered stomach. But why consume time thus unnecessarily, in proving that which is now universally acknowledged?

This sympathy established, it follows as a necessary consequence, that tobacco when chewed, acting directly, and actively on the tongue, fauces &c, may affect the stomach sympathetically, and thus, if continued, will continue its indirect action on this organ and eventually impair its tone, agreably to the general rule ~~mentioned~~ above. From this, and what has been previously said, it follows; that the habit of chewing tobacco to excess may be, and no doubt often does, produce dyspepsia by its indirect, as well as direct action on the stomach.

The above remarks are applicable to the habit of smoking though not with equal force. The smoke acts both directly and indirectly on the stomach, but not believing it so active a stimulus, as the tobacco in substance or infusion, I suppose its effects, though similar, yet not so great.

That tobacco when chewed or smoked may, and does act on the stomach, and also on the intestines I know from the fact, of its often producing an al-

most immediate disposition to go to stool, thus acting very promptly, as a mild cathartic. I am well acquainted with a young gentleman of undoubted veracity, who has frequently told me, he seldom or never smokes a cigar, that it does not almost immediately act in this way on him; and that when costive he generally resorts to this pleasant remedy, which rarely fails to have the desired effect. I have, myself, several times witnessed this effect on him, having known him, immediately after smoking a cigar, obliged to absent himself from company, to obey an urgent, and imperious call of nature.

I have often experienced a similar effect from chewing as well as smoking. With me, sickness at the stomach, and extreme debility, sometimes preceded the disposition to stool. This action of the tobacco on the stomach and bowels, must also be referred to sympathy. It is produced in too short a time, to admit of a different explanation.

Do
prove
freque
this f
with
does n
suppo
Professor
Univers
perienc
his opi
chavine
of obje
cal cla
ency f
ing sy
were ei
as fully
not the
will

To what I have already said in attempting to prove the habit of chewing, or smoking tobacco, a frequent cause of dyspepsia, I will merely add this fact: Viz. That this disease is very common with tobacco-chewers and smokers. This assertion does not rest upon my own observation alone. It is supported by the high authority of the present Professor of the theory and practice of physic in the University of Pennsylvania, whose enlarged experience, and habits of accurate observation entitle his opinions to the greatest weight. Says he "Both chewing and smoking tobacco are frequent causes of dyspepsia, and of those members of the medical class who have heretofore applied to me for relief from the unpleasant and often distressing symptoms of this disease, a large majority were either chewers or smokers of tobacco. Indeed so fully am I convinced that tobacco thus used, if not the primary cause (which it no doubt often is) will act as a continuing cause, that I invaria-

ly say
further
actual c
sugar, f
self you
quotation
use word
ments o
be corro
bardia
of the ex
tomatic
the acid
during
presence
tobacco
ectly.
ting
ticly c
ation,

fly say to my dyspeptic patients who are addicted to either of these habits, "if you wish a speedy or effectual cure, you must throw aside your tobacco box and cigar, for so long as you continue their use, so long will your digestive organs remain impaired." This quotation, (made from memory) is not in the precise words of the Professor, though I believe his sentiments are fairly expressed, and I doubt not, will be corroborated by enlightened practitioners generally.

Cardialgia or heart-burn also, is a frequent consequence of the excessive use of tobacco. This affection is often symptomatic of dyspepsia, and is produced by the action of the acid on the stomach, which ~~is generally~~ formed during the acetic fermentation, a general consequence of impaired digestion. The habit of chewing tobacco however, may produce this disease, more directly. A portion of the juice is swallowed, which, acting on the coats of the stomach, will produce that truly unpleasant, and exceedingly distressing sensation, called heart-burn. May it not also

usual c
a part
y they
tion are
The ne
from th
from ex
the habi
have ofte
y that
ing own
able to
tumor, c
these effec
with no
trace the
observed
use; and
continue
I have

cause it, by depriving the juices of the stomach of a part of that saliva, with which it is necessary they should be diluted, to prevent their action on the coats of the stomach?

The nervous system, also, is made to suffer from the excessive use of tobacco. This I know from experience and observation. I was once in the habit of chewing and smoking to great excess, & have often had my nerves so much affected by either, that I could with difficulty write, inteligibly my own name, and have sometimes been scarcely able to stand, in consequence of a general nervous tremor, accompanied with extreme debility. That these effects were to be ascribed to the tobacco, there is with me no doubt; for I could always distinctly trace them to this cause, and to no other; always observed them to be increased by its continued use; and generally experienced relief from discontinuing it.

I have also observed the nervous tremor, in as

great a degree, in persons who were extremely temperate, except in the use of tobacco, in which they indulged freely, as I ever witnessed in the most confirmed drunkard. I am intimately acquainted with an old gentleman, who has been all his life an example of temperence, in both eating and drinking, his diet having been almost entirely confined to milk, and his drink the pure and simple beverage of nature, having never since he was fourteen years old tasted ardent spirits of any kind, nor never drinks even cider. He was once, however, an excessive chewer of tobacco, and has long been a great slave to the pipe, in consequence of which, his nerves are generally so much affected that it is with the utmost difficulty he can write a word intelligibly, and sometimes can scarcely hold his pipe while smoking. He has also other nervous symptoms, particularly violent nervous headaches, to which he is very subject.

principa
though
the opini
an unno
for the
That there
ble in th
al law of
ing activ
plied, or
no system
fluence t
ive or leg
timulus; t
plication,
on to whom
, and un
and sm
continued t
system. Co

If necessary, I could adduce many similar examples (though perhaps not quite so strong) in support of the opinion I have advanced, but as it would be an unnecessary waste of time, this shall suffice for the present.

That there is nothing unreasonable, or inexplicable in this effect, is manifest from this general law of the animal oeconomy: Viz. That any strong, active, and unnatural stimulus, frequently applied, or long continued to any part of the nervous system, will eventually extend its baneful influence throughout that system, affecting it more or less, depending on the activity of the stimulus; the frequency or long continuance of its application; as also on the idiosyncracies of the person to whom it is applied. Tobacco is a strong, active, and unnatural stimulus, which is, by chewers and smokers, frequently applied and long continued to a very sensible part of the nervous system. Consequently, when thus used, it may

and n
ranger
The n
the exc
ful sym
system
by adm
the for
nicious
chewin
or smoke
sympa
fested b
chewing
common
cause o
The ha
of this g
strongest
is to be

and no doubt often does produce a general derangement of that system.

The nerves may suffer in another way from the excessive use of tobacco. The general and powerful sympathetic influence of the stomach over that system, is now very generally, if not universally admitted. Whatever therefore sensibly affects the former, has its influence on the latter. The pernicious effects of tobacco on this organ have been shewn above. Hence it follows, that when chewed or smoked to excess, it affects the nervous system sympathetically. The nerves ~~therefore~~ are affected both directly and indirectly by the habit of chewing or smoking tobacco. This habit is a very common one, consequently it is a frequent cause of nervous affections.

The habit of smoking is very injurious to the teeth. Of this I think there can be no doubt. We have the strongest evidences of the fact. Whether this effect is to be ascribed to the heat, or, to some peculiar

quantity
not to se
confuse
than to
although
lised a
entertai
The gum
tion of a
seriously
retty or
is general
so (which
improvin
think high
and teet
repent th
for the p
If so, a
bacco wil

quality of the smoke of tobacco, I am not prepared to say. I think however, it may, with more propriety, be ascribed to these two causes combined, than to either one alone.

Although the chewing of tobacco, is generally believed a preservative of the teeth, I am induced to entertain the opinion exactly the reverse of this. The gums must often be inflamed, by the application of so active a stimulus as tobacco. And what seriously affects them, will, in my opinion, either directly or indirectly, also affect the teeth. Besides, there is generally mixed with the manufactured tobacco (which is the kind most used), for the purpose of improving its appearance, certain articles which I think highly probable, are very injurious to the gums and teeth. I am however not fully prepared to defend this opinion, and will therefore let it rest for the present.

It is also supposed, that the excessive use of tobacco will impair the faculties of the mind, This

am not
my own
this appro
there appe
opposite
not the m
ve penei
ffect, more
on their a
he one to
pate in t
ously injl
ready sho
st injury
h influen
g produc
bacco pop
perties. C
on testim
often bee

I am not prepared either to affirm or deny, from my own observation. But that it may have this effect I can very readily conceive, at least, there appears to me nothing unreasonable in the supposition. That it does in some way or other, affect the mind, there can be no doubt. Indeed, whatever sensibly affects the body, must, in my opinion, affect, more or less, the mind. So close and intimate are their sympathies, that it is almost impossible for the one to receive an injury, and the other not participate in it. That the health of the body is very seriously injured by the excessive use of tobacco, has been already shown. The mind therefore must share in that injury. Again, all narcotics exercise a considerable influence over the mind. Also, whatever is capable of producing intoxication must act on the mind. Tobacco possesses both narcotic, and intoxicating properties. All who have used it will doubtless give their testimony in support of this assertion, having often been relieved by it from corporeal and

mental
no compl
y and
this u
lso exper
ject the
ng proper
capable
jury. L
ake that
ces of con
nations o
or diseas
ue to act
firmly e
thus dom
n already
uring or
ion does i
t only a

mental suffering. And all of us have heard persons complain of having been made drunk by chewing and smoking tobacco. I have myself experienced this unpleasant effect more than once, I have also experienced its narcotic effect. It therefore affects the mind by both its narcotic and intoxicating properties, and like opium and ardent spirits, is capable of producing in it, at least a temporary injury. Like them also, if long continued, it may make that injury permanent. For whatever has the power of converting the natural or healthy actions or operations of either the mind or body, into unnatural or diseased ones, will, by the same power, if it continue to act, so completely destroy the former, and so firmly establish the latter, as to render the injury thus done irreparable. From this, and what has been already said, it follows, that the habit of either chewing or smoking tobacco may, and no doubt, often does inflict on the mind, as well as body, not only a temporary, but permanent injury.

If so, then
ug, so m
not dev
ned a ov
fluence t
luable m
ll who w
these que
the affi
inst this
Much mo
se partic
t disease
top, and
sing evil
yet I ha
form of
n. Look at
ng marks
him lean

If so, then ought not this active and pernicious drug, so much in use as a luxury, be discarded? Does it not devolve on every friend to man, as a sacred and important duty, to exercise all his influence to check the excessive consumption of this valuable medicine, but much abused luxury?

All who will deliberately and impartially consider these questions, must, in my opinion, answer in the affirmative, and with me, loudly exclaim against this abuse, as an enemy to mind & body. Much more then, is it the duty of the Physician, whose particular duty it is, (as before observed) to prevent disease, as well as restore health, to endeavour to stop, and avert if possible this great and increasing evil.

As yet I have said nothing of the use of tobacco in the form of snuff. It is also very objectionable in this form. Look at an excessive snuffer, and you behold strong marks of impaired digestion, and injured health. See him lean, pale, or sallow; ~~sometimes~~ bloated.

nterrogat
doubt
mptoms
to used p
eral way
ed, by a
laxnate
ach being
e that b
l impair
Conseque
s digesti
h.
he laws o
er aid. I
of the se
mbrane,
been so s
well con
and indi

Interrogate him as to his health, and there will no doubt be discovered to you many other of the symptoms of depraved digestion. How does tobacco thus used produce this effect? It may produce it in several ways; 1st Much snuff is unavoidably swallowed, by all who indulge in its use. This needs no explanation; the passage from the nose to the stomach being a very direct one. It has been shown above that tobacco frequently taken into the stomach will impair its tone. Snuff is merely tobacco in powder. Consequently the habit of taking snuff impairs digestion by its direct action on the stomach.

2. The laws of sympathy may be here called to our aid. The powerful and sympathetic influence of the sense of smell, and the Schneiderian membrane, over the stomach, brain &c. which has been so satisfactorily proved by the repeated and well conducted experiments of the ingenious and indefatigable Dr. Rouseau of Philadel-

this, offe
the probl
makes a
ane and
mmunica
lly, thro
this, and
pressions
awn, Vi
d to an e
mmedia
e, and
tem als
bit.
The mira
cial infle
improbab
to that ge
smokin
be explai

phia, afford an easy and satisfactory solution of the problem before us*. Snuff received into the nose makes a strong impression on the Schneiderian membrane and olfactories, which impression is readily communicated to the stomach, brain, and system generally, through the medium of sympathy. Agreeably to this, and what has been previously said concerning impressions on the stomach, this conclusion may be drawn, Viz. That the habit of taking snuff, when carried to an extreme, may by its ~~sympathetic~~ as well as ~~immediate~~ action on the stomach impair its tone, and thus produce dyspepsia. The nervous system also, feels very sensibly, the effects of this habit.

The mind, it is thought, does not escape the prejudicial influence of this indecent habit. This, I think not improbable, and will admit of an explanation similar to that given, when treating of the effect of chewing and smoking tobacco, on the mind. I think it may also be explained in another way, Viz. The strong im-

See Dr. Chapman's Journal Vol. IV. Page 45.

gion sp
factory s
in, and
functio
ently the
that the
se the te
to have
intelige
who bec
d the m
mortifica
becomin
use to u
ly ascribe
ly indi
so, he de
according
return of
in exchan

pression which is made on the extremities of the olfactory nerves, is communicated directly to the brain, and thus by the continuance of this habit, may the functions of that organ be deranged, and consequently the mind impaired.

That the memory is weakened by this habit, we have the testimony of its votaries themselves. I remember to have seen somewhere on record, the case of an inteligent man of an exceedingly retentive memory, who became an excessive snuffer, after he had passed the meridian of life. In a few years he had the mortification to find his memory much impaired, and becoming daily, less retentive. Knowing of no other cause to which he could with the same degree of propriety ascribe his loss, as to the habit in which he had so freely indulged during the few last preceding years, he determined to abandon it immediately, and accordingly did so. He was soon gratified by the return of his former strong, and retentive memory, in exchange for a troublesome and filthy habit.

This case
the mind
had had
gen, that
until the
aware of
having "a
all me
strong
have hear
tion how
et may
logical p
the conc
pairs at
memory)
others do
t also in
robber
nd it re

This case very clearly and satisfactorily proves, that the mind has been injured by taking snuff to excess. And had its use been continued, we may reasonably infer, that the injury would have continued to increase, until the memory would have been irrecoverably lost. Aware of the objection which may be here urged, to my drawing "a general inference, from a particular fact," I will merely observe, that the case related, though the strongest, is not the only one of the kind of which I have heard. And when in addition to this, it is recollected how strong is the case quoted, and also that this effect may be rationally explained, upon sound pathological principles, I think I shall be warranted in the conclusion; That the habit of snuffing tobacco impairs at least one of the faculties of the mind (the memory) and that, we may reasonably infer, the others do not escape unhurt.

It also injures the voice very much. This I have often observed myself, and have frequently heard it remarked by others. How this effect

is produced I know not, unless it be, by the thickening of the membrane lining the nose, which is no doubt, one of the consequences of the frequent and continued application of so active a stimulus as snuff, and is sufficient, of itself, to injure the voice. If then tobacco in this form too, injure the body, mind, and the voice, ought not this habit also, be abandoned?

May not some of the pulmonary affections, sometimes owe their origin to the excessive use of tobacco, particularly when smoked or snuffed?

Another objection has been urged against the habit of chewing, and smoking tobacco, which, if well founded, is of itself sufficient to condemn it as immoral and unwholesome, and therefore ~~should~~ cause its speedy and immediate abandonment. The objection is "That it often begets the habit of drinking ardent spirits, by creating thirst, to quench which, recourse is had to a mixture of spirit and water, from a belief that it would be injurious, and even danger-

ing, r
produ
happi
nocen
ed wo
en da
as its
curses,
man.
thy wh
and is
ond, th
The ha
fortuna
excep) i
and is
ther. D
and sp
ing rat
nexam

pay, to drink alone, as much of the latter, as the thirst produced by the tobacco would demand. Strange, unhappy, and lamentable delusion! that so simple, innocent, and wholesome a drink, as pure, unadulterated water, should be deemed unwholesome, and even dangerous, and ardent spirits should be taken as its corrective, which I view as one of the greatest curses, that was ever entailed, on foolish, and wicked man. "An enemy, as has been emphatically observed, by which more perish, than fall even by the sword," and is the cause of more distress, and family discord, than any one cause within my knowledge.
The habit of drinking ardent spirits to excess, (and unfortunately they are now seldom drank and not to excess) is one, which is, perhaps, more easily formed, and is broken with more difficulty, than any other. It is a habit too, which with us, is growing and spreading at a wonderful, and truly alarming rate; almost keeping pace with the rapid and unexampled growth of our young and flourishing

ention;
have m
enemie
When
ty, it ha
ted obse
t among
condem
ne falle
nformed
for ad
side, this
ds are wil
the mori
ally alar
dect me
ter, who se
have him
Whether
a conseq

ation; and is an internal foe, from which we have more to fear, than from all our foreign enemies combined.

When I look around, and observe with what rapid ty it has spread within the few years of my lim ted observation, seeing whole families prostrated before t, amongst whom I behold men who but a few years a condemned the habit in practice as well as precept, now fallen a prey to its baneful influence, and become nfirmed degraded sots. Others I see, who, though not so far advanced, are travelling with a long and rapid stride, this direct road to ruin, and behold very few who are willing to dispense with their dram or julep in the morning, or their grog or toddy at dinner, I become ally alarmed, and am ready to cry out, Good Lord protect me I pray from this hideous and frightful Mon ster, who seems to be bearing down, and crushing all before him!

Whether this most destructive of all habits is ev n a consequence of the excessive use of tobacco, or not,

my own
say. B
ink hig
nother e
s before
angerou
ne of lu
those who
voice-box a
nstead of
not then
having on
rtificial
d remedi
en fail
will do, e
n from t
its inf
lants, ton
ense acti

my own personal observation will not permit me to say. But that it may be, and sometimes is, I think highly probable, and that it will admit of another explanation besides that of "creating thirst" as before remarked, it is imprudent and even dangerous to indulge in any habit which is purely one of luxury. The use of tobacco is one of those habits. Those who use it, contract the habit of resorting to their tobacco-box and cigar, when troubled or distressed in mind, instead of calling reason to their aid who would afford them a more effectual, and permanent relief. Having once contracted the habit of having recourse to artificial means for relief in such cases, the rational remedy is never applied. If then tobacco should ever fail to have the desired effect, which it often will do, either from the increased cause of distress, or, from the system having become less susceptible to its influence, (which is the effect of all stimulants, long continued, or frequently applied) some more active remedy is sought for, which is soon

found
bowed
dawn
wakes
with
again
disgu
ives a
ound
to ist
now
From
ks th
reuve
triova
refore
y, an
vepe
of Ho
unit

found in the bottle. Its contents are eagerly swal-
lowed, and soon are his troubles lulled to sleep, in
drunken forgetfulness: a sleep from which they a-
waken refreshed and invigorated, and again pre-
with relentless violence on their unhappy victim
again does he fly for protection to the same
disguised insidious enemy, that readily re-
lieves as before, only to make more miserable. The same
round is repeated again and again, until the hab-
it of intoxication is established, and this once sober man,
is now a confirmed sot.

From observation we learn, that when once a man
seeks the bottle to drown his sorrows in, he may bid
farewell to sobriety and morality, the ship is ir-
retrievably lost, and must inevitably sink. Let us
therefore beware of this shoal on which so many foun-
der, and as the Immortal Rush advised "Write on eve-
ry vessel containing ardent spirits, "Touch not," Taste
not," Handle not, Or as his able successor advises, "Let
us unite with the moralist and divine, in dis-

ouraging
of then
drinking
of tobacco
which 2-
Is it not
By the
to prove t
tobacco a
tempted t
has an
up my ef
to say.
is a habit
mankin
is one wh
approbate
Physician

November

couraging the consumption of these baneful articles,
If then it be our duty to discourage the habit of
drinking ardent spirits, and the ~~excessive~~ use
of tobacco does in any way beget this habit,
which I have attempted to render highly probable
Is it not also our duty to discourage its use?

By the preceding dissertation I have ~~endeavoured~~
to prove the habit of chewing, smoking, or snuffing
tobacco a frequent cause of disease. I have also at-
tempted to render it highly probable, that it
has an immoral effect. With what degree of suc-
cess my efforts have been attended, is not for me
to say. But of this I am well assured, That it
is a habit, which it would be more to the interest
of mankind to exterminate, than continue, and
is one which should meet with the decided dis-
approbation of men generally, and of
Physicians particularly.

George Morton

November 1822.